



Students Taking Charge

Implementation Guidance for local
Health Departments

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Health Department

Kentucky Action for Healthy Kids



Action for Healthy Kids



- ❖ **Who do you contact first?**
- ❖ **Find the right Club/Student Organization for Students Taking Charge to work!**
- ❖ **HOSA, BETA Club, Student Government, National Honor Society, FFA, FCA, SADD, etc.**



Action for Healthy Kids®

Students Taking Charge



✦ Training of Student Advocates

- Youth Engagement
- Adult Advisor
- MOU, Timeline, and surveys



Students Taking Charge



❖ Training of Student Advocates

- Cover how to obtain parent surveys
- Discuss options for completing 3 minute surveys
- Preview to the School Health Index

Students Taking Charge



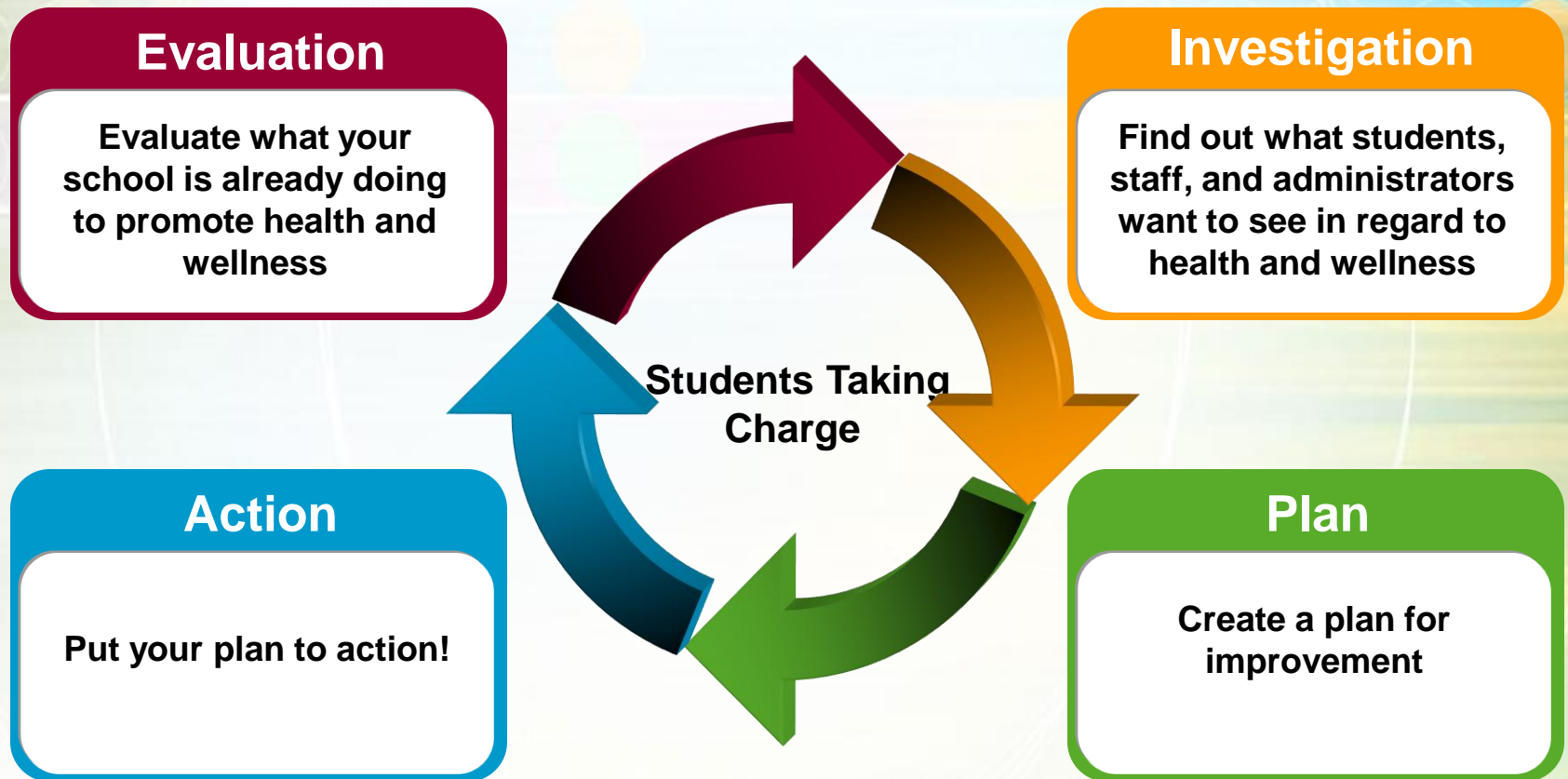
❖ Training of Student Advocates

- Development of Action Plan
 - Needs to change school environment
 - What school is like at this point
 - Tasks
 - Who
 - When

Students Taking Charge



❖ What are schools going to do?



Evaluation



❖ **Looking at policy is one way to evaluate your school**

❖ **What is a policy?**

- Personal Policy
- Family Policy
- Business Policy
- School Policy



Evaluation

Evaluate what your school is already doing to promote health and wellness

Investigation



❖ Why is this important?

- Gives you a clear picture of the current situation (Strength/Weaknesses)
- Gives you info about attitudes, feelings, and perceptions in your school
- Lets you know if your group is making progress (Gives you a starting point)
- Gives you info you need for school staff and administrators



Investigation

Find out what students, staff, and administrators want to see in regard to health and wellness

Investigation



❖ How will you do this?

- **Students:** How can you find out what they want or need?
- **Staff:** What do they want or need?
- **Administrators:** Who is going to be able to help you make the changes?



Investigation

Find out what students, staff, and administrators want to see in regard to health and wellness

Tally Sheet for the Students Taking Charge 3 Minute Student Survey



❖ Tally Sheet for the Students Taking Charge

❖ 3 Minute Student Survey

❖ About You

- ❖ 1. Gender: _____ Female _____ Male
- ❖ 2. Grade: _____ 9th _____ 10th _____ 11th _____ 12th

❖ Hot Topics

- ❖ 3. Does your school have a local wellness policy? (A local wellness policy generally sets goals for nutrition education, physical activity, and other school-based activities to promote student wellness)

❖ _____ YES _____ NO _____ DON'T KNOW

- ❖ 4. Does your school promote a healthy school environment? (Healthy school environment generally means the physical and visual surroundings and the mental and social climate and culture of the school.)

❖ _____ YES _____ NO _____ DON'T KNOW

- ❖ 5. My school provides opportunities for students to speak up about school health issues.

❖ _____ No, definitely not | _____ No, not really | _____ Yes, sort of | _____ Yes, definitely | _____ Not sure

- ❖ 6. A healthy environment for students, teachers, and staff is a priority at my school.

❖ _____ No, definitely not | _____ No, not really | _____ Yes, sort of | _____ Yes, definitely | _____ Not sure

- ❖ 7. My school provides enough opportunities for all students to make healthy food choices.

❖ _____ No, definitely not | _____ No, not really | _____ Yes, sort of | _____ Yes, definitely | _____ Not sure

- ❖ 8. My school provides enough opportunities for all students to be physically active.

❖ _____ No, definitely not | _____ No, not really | _____ Yes, sort of | _____ Yes, definitely | _____ Not sure

- ❖ 9. Should schools only offer healthy food choices on school campuses (including vending machines, a la carte line, school stores, etc)?

❖ _____ YES _____ NO

Plan



❖ What kind of change can you advocate for in your school?



- **Programs:** Activities that happen once or for a defined period of time
- **Practices:** Actions that support changes and may be put in place on a regular basis.
- **Policies:** School programs and practices can continue despite changes to staff, funding, and administrative support

Plan

Create a plan for improvement

Action



❖ Think about.....

- **Time:** Make a timeline
- **Commitment:** Commit to implement your plan
- **Communication:** How you communicate your plan is important
- **Budget:** Where is the money coming from and is it reasonable
- **FUN: Have Fun!**



Action

**Put your plan to
action!**

Example of Action Plan



www.themegallery.com

Action Plan

High School: _____

Youth Group: _____

(Sample Action Plan can be found on page 96 of the *Students Taking Charge!* Facilitator Guide)

(You may submit multiple action plans if your school chooses to pursue multiple improvement activities.)

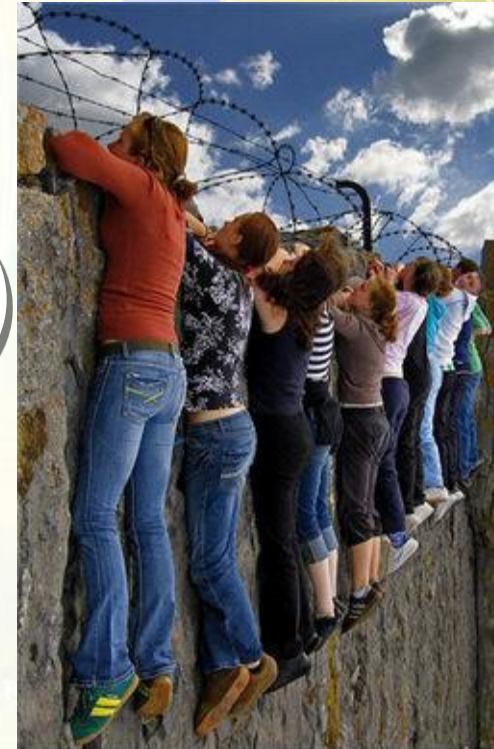
Action: _____

What it Looks Like in Our School	What Tasks Need to be Done?	Who Will Do Them?	When?

Overcoming Obstacles



Influencing change can be a challenge. Plan ahead for obstacles that may occur:



Website



❖ www.studentstakingcharge.org

- Put **Your School** on the map!
- Sign up for texts, Facebook, view photos on Flickr



